



# Intensive Couples Weekend Tune-up

with

**Kelley Kitley MSW, LCSW**

- **LEARN** effective strategies and techniques to work through recurrent conflict.
- **DEVELOP** a deeper understanding of one another and build on personal strengths.
- **ENHANCE** your sex life to meet needs for intimacy and satisfaction.
- **TRANSFORM** frustrations into moments of understanding, healing, and connection.

Work privately with Kelley Kitley, Licensed Clinical Social Worker to empower your relationship. Take advantage of this unique opportunity and indulge in a weekend free from distractions. Learn effective communication and problem solving skills necessary for a passionate future together. Choose a date that works best with your schedule. Kelley will accommodate a Fri/Sat or Sat/Sun time frame, 5 hours each day. The couple must commit to spending the evening downtown together. Kelley will meet with the couple before hand to tailor the treatment to reach specific attainable goals.

## SAMPLE SCHEDULE:

### Day 1

9-10:30 – Evaluate communication patterns  
10:30-10:45 – Break  
10:45-12:15 – Changing your outlook and behaviors  
12:15-1 – Lunch  
1-3 – Redefining your sexual needs

### Day 2

9-10:30 – Review Successes/Stop the Blame Game  
10:30-10:45 – Break  
10:45-12:15 – Send and Receive Communication  
12:15-1 – Lunch  
1-3 – Implementing and making it last

Fee: \$2,000 for 1 hour assessment plus 10 hours of intensive clinical work.



**Kelley Kitley, LCSW**, is a graduate of the Jane Addams College of Social Work at the University of Illinois. She has worked in a broad range of clinical settings over the past ten years, and now works with individuals and couples at Wellsprings Health Associates.

Kelley will be using a short term treatment model called cognitive behavioral therapy (CBT) in addition to other modalities to partner with you in achieving your goals.

To make an appointment please contact:

**WELLSPRINGS**  
HEALTH ASSOCIATES

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